

Mountain Adventures

3 Peaks Challenge Kit List

ITEM	TAKE IT?
Baggage	
Soft Bag to be left in support vehicle (maximum 30-35litre capacity)	Yes
Day sack (for sun cream, camera, waterproofs, water bottle, snacks, personal first aid kit)	Yes
Clothing	
Water & wind proof jacket & trousers (with zips to go over boots)	Yes
Walking boots (sturdy well worn in canvas or leather boots)	Yes
Socks (woollen or wool mix, thick walking socks)	Yes
Long sleeved shirt – quick dry thermal	Yes
Short sleeved shirt – quick dry thermal	Yes
Fleece jacket	Yes
Down jacket	Optional
Trousers (such as lightweight cargo trousers, no jeans for trekking)	Yes
Shorts	Optional
Wide brimmed sun hat	Yes
Warm fleece hat or Balaclava (windy on summit even in height of summer)	Yes
Shower proof gloves (windy on summit even in height of summer)	Yes
Underwear	Yes
Set of evening clothes and shoes	Optional
Hygiene	
Toothbrush & toothpaste, soap, shampoo/conditioner, lip salve with sun protection, antiseptic wipes, deodorant, toilet paper/tissues, towel	Yes
Razor & cream, sanitary products, shower gel, hairbrush/comb, vaseline	Optional
Health	
After sun/moisturiser	Yes
Sun protection	Yes
Other	
Walking poles (Excellent for the steep ascent / descent and recommended)	Optional
Camera & films	Optional
Binoculars	Optional
Sunglasses	Yes
Contact lenses (bring spare lenses, and glasses)	Yes
Head torch (hands free & spare batteries + bulb)	Yes
Water bottle (two 2 litre bottles minimum – platypus or equivalent are best)	Yes
Spare boot laces	Yes
Small first aid kit	
Pain killers ie: Paracetamol	Optional
Adhesive dressing (plasters)	Optional
Compeed blister pads	Yes
Antiseptic spray	Optional
Any medication you normally use	Yes